

BOMMARITO PERFORMANCE SYSTEMS

NAME:

PHASE:

ADVANCED STRENGTH-POWER

WEEK: SAMPLE WEEK

DAY 1

UPPER MOD STRENGTH

DAY / DATE:

<u>EXERCISE</u>	<u>TEM</u>	<u>RI</u>	<u>VOL</u>	<u>INTENSITY</u>
-----------------	------------	-----------	------------	------------------

1. HG BENCH - CHAINS	10X	-	5X5	
2. BAND HIP FLEX/EXT	131	3 MIN	2X8EE	

CORRECTIVE:

1. BELT BOX SQUAT - CHAINS	211	-	4X5	
2. ROW - ELBOWS IN	401	-	4X8	

CORRECTIVE:

1. HYPER SA ROW	101	-	3X10E	
2. DB SHOULDER	131	-	3X8EE	

- FRONT (THUMBS UP), SIDE (PALMS DOWN), REAR (BENCH PALMS DOWN)

DAY 2

LOWER POWER

DAY / DATE:

<u>EXERCISE</u>	<u>TEM</u>	<u>RI</u>	<u>VOL</u>	<u>INTENSITY</u>
-----------------	------------	-----------	------------	------------------

1. CLEAN PULL - MT	01X	-	4X5	
2. LM LIN JAMMER	X1X	-	3X8	
3. BOX JUMP	XXX	2 MIN	3X3	

CORRECTIVE:

1. REVERSE HYPER	212	-	4X8	
2. DB SL SQUAT TD	201	2 MIN	3X5E	

CORRECTIVE:

DAY 3

UPPER VOL / LOWER SL M DAY / DATE:

<u>EXERCISE</u>	<u>TEM</u>	<u>RI</u>	<u>VOL</u>	<u>INTENSITY</u>
-----------------	------------	-----------	------------	------------------

1. DB BENCH (2 SETS BENCH TO 1 SET SQUAT)	40X	60S	8X5	
2. BULGARIAN SQUAT	101		4X3E	
CORRECTIVE: BAND ABD/ADD	131		2X8EE	

1. ANGLED STANCE ROW	313	-	4X6E	
2. KEISER OH TRICEP	211	60 SEC	4X15	

CORRECTIVE:

1. DB SA ROW	211	-	3X8E	
2. BAND SKULL CRUSHER - PRESS OUT	101	60 SEC	3X15	

CORRECTIVE:

DAY 4

LOWER BW POWER

DAY / DATE:

<u>EXERCISE</u>	<u>TEM</u>	<u>RI</u>	<u>VOL</u>	<u>INTENSITY</u>
-----------------	------------	-----------	------------	------------------

1. DB SEATED BOX JUMP	01X	-	4X3	
2. BAND JAMMER - SPLIT STANCE	11X	-	4X5E	
3. SL BOX JUMP	XXX	2 MIN	3X3E	

CORRECTIVE:

1. PULL-THRU	101	-	4X8	
2. DL BAND CURL - PRESS OUT	212	2 MIN	3X10	

CORRECTIVE:

SQUAT TO ROW - SA (ISO TOP)	XXX	90 SEC	3X15E	
-----------------------------	-----	--------	-------	--